



CATAWBA COUNTY

3070 11th Ave. Dr. SE - Hickory, NC 28602 - (828) 695-5800 - Fax (828) 695-4410 - TDD (828) 695-5155

Public Health

Kellie A. Coffey, Public Information Officer Ph: 828-695-5772

Kelly Isenhour, Assistant Health Director Ph: 828-695-5717

Lynne Laws, Community Services Nursing Manager Ph: 828-695-5821

Catawba County Public Health Monitors Swine Flu Outbreak

Catawba County Public Health has been monitoring the evolving Swine Flu outbreak along with other health departments across the state. Contact has been made with local hospitals, schools, and community partners in order to share information about the recent outbreak. In addition, Public Health is participating in conference calls with the North Carolina Department of Health and Human Services Division of Public Health and reviewing websites such as the Centers for Disease Control (CDC) for updates.

Catawba County Emergency Services has also participated in the conference calls and has been working collaboratively with Public Health and North Carolina Emergency Management to prepare to respond if necessary. According to the CDC, as of April 27th at 1:00 pm, there were 40 confirmed cases of swine flu in the U.S. There have been no confirmed cases of Swine Flu in North Carolina at this time.

Swine Flu is a respiratory disease that can cause symptoms similar to that of the seasonal flu. The symptoms of Swine Flu in humans may include:

- Fever (greater than 100°F or 37.8°C)
- Sore throat
- Cough
- Stuffy nose
- Chills
- Headache and body aches
- Fatigue

Some individuals have also reported diarrhea and vomiting in association with the Swine Flu. As with the seasonal flu, the Swine Flu may worsen an underlying chronic medical condition.

The best way to prevent the spread of Swine Flu is to limit your contact with people who are ill, and to use proper hygiene techniques.

- Avoid contact with ill persons.
- When you cough or sneeze, cover your nose and mouth with a tissue or your sleeve, if you do not have a tissue. Throw used tissues in a trash can.



"Leading the Way to A Healthier Community"
www.catawbacountync.gov/phealth





CATAWBA COUNTY

3070 11th Ave. Dr. SE - Hickory, NC 28602 - (828) 695-5800 - Fax (828) 695-4410 - TDD (828) 695-5155
Public Health

- After you cough or sneeze, wash your hands with soap and water, or use an alcohol based hand gel. Be sure to wash your hands using warm soap and water for at least 20 seconds.
- If you think you are ill with flu, avoid close contact with others as much as possible. Stay at home. Seek medical care if you are severely ill (such as having trouble breathing). There are antiviral medications for prevention and treatment of Swine Flu that a doctor can prescribe. Do not go to work, school, or travel while ill.

For more information on Swine Flu, see Catawba County Public Health's [Fact Sheet](#)

If you have the symptoms of the Swine Flu and have traveled to Mexico, California, Kansas, Ohio, New York, Texas, or outside of the U.S., or have been in contact with someone who has been confirmed to have the Swine Flu, please contact your medical provider for testing.

North Carolina residents who want general information about Swine Flu may call the NC Department of Health and Human Services' Care-Line:

1-800-662-7030 (English/Spanish)
1-877-452-2514 (TTY)

For the most up to date information please visit the following:

CDC's website at www.cdc.gov/swineflu/

U.S. Department of Health and Human Services site at <http://www.hhs.gov/>

Special U.S. Government site on pandemic flu possibilities at <http://pandemicflu.gov/>



"Leading the Way to A Healthier Community"
www.catawbacountync.gov/phealth

